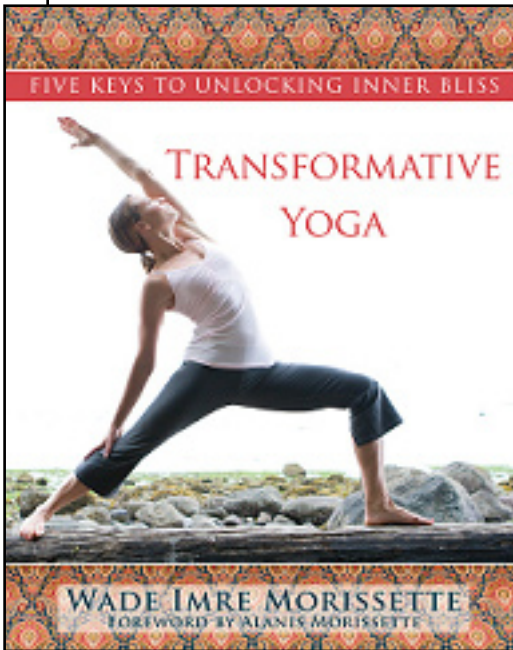


TRANSFORMATIVE YOGA

How to find bliss using the ancient yogic theory of the five koshas



While yoga has become a mainstay of Western fitness and spiritual programs, few practitioners know about the yogic theory of the five koshas. That's about to change. In **TRANSFORMATIVE YOGA: FIVE KEYS TO UNLOCKING INNER BLISS** (with a foreword by Alanis Morissette, New Harbinger Publications, October 2009, paperback) Wade Morissette offers a complete series of postures, meditations, and breathing exercises based on the five koshas theory, which, when practiced regularly, provide a route to deep awareness, clarity, and bliss.

Morissette also shares his compelling personal story of how he came to yoga. As the twin brother of superstar Alanis Morissette, Wade struggled to find his own identity and life path. Yoga and his eventual understanding of the five koshas showed him the way.

Morissette is available for interview. Here's just some of what he offers:

THE 5 KOSHAS: KEYS TO UNLOCKING BLISS. "Despite several yoga-inspired trips to India and enlightenment lessons from various yoga masters,

I first stumbled upon the kosha theory in a more everyday way: at the local library," says Morissette. While browsing the Upanishads—a large, ancient Indian text—he found a description of the kosha theory. *Kosha* means sheath in English. According to the kosha theory, every person possesses five koshas or layers of energy. As you purify each layer, beginning with the physical and working inward you to move deeper into the essence of the soul and come closer to achieving inner peace, joy, and bliss. You also bridge the gap between physical and spiritual yoga to achieve a new level of mastery. It also unifies the physical and spiritual dimensions of yoga.

BEING ALANIS MORRISSETTE'S TWIN: WADE'S STORY. Morissette first came to yoga when he was a university student struggling to find his identity in the shadow of his famous twin sister. He'll share how yoga illuminated his life path and became his passion.

A DEMONSTRATION OF THE POSES. Morissette will provide an engaging and fun demonstration of the postures and exercises that he shares in *Transformative Yoga*.

"Wade takes us on a transformational journey into the self, from the external physical to the subtle energetic, emotional, mental and blissful bodies that make up who we are."

—Sharon Gannon, Jivamukti Yoga

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ABOUT THE AUTHOR



Wade Imre Morissette has studied yoga for more than seventeen years with many of the world's most influential yoga teachers, including Baba Hari Das, Sri K Pattabhi Jois, Sri Sri Ravi Shankar, T.K.V. Desikachar, and the Krishnamacharya Lineage. He leads workshops, yoga teacher training, retreats, and mantra music evenings internationally. Morissette is director of teacher training and program operations at YYoga in Vancouver, BC, Canada, where he lives with his wife and two children. He also practices vipassana meditation and is a recording artist with Nettwerk Music Group. Morissette is the twin brother of popular musician Alanis Morissette.

SUGGESTED INTERVIEW QUESTIONS

1. In your book, *Transformative Yoga*, you introduce the theory of the five koshas. Can you explain this theory and also explain how it can be transformative?
2. How did you come to yoga and why do you continue to be so passionate about it?
3. You're the twin brother of singer Alanis Morissette. How has being the sibling of a celebrity affected your worldview and did it play a role in shaping your identity?
4. You say that "It's easy to forget your true self as you get caught up in day-to-day life." How can yoga help you become more in touch with your true self?
5. In your *Transformative Yoga* you offer a series of postures, but you also include breathing exercises and meditations and you say that they are also an integral part of yoga. Can you explain?
6. What is three-seal breathing and can you walk us through a three-seal breathing exercise?
7. The subtitle of your book is *Five Keys to Unlocking Inner Bliss*. What does it mean to be blissful and how can the practice you recommend move us not just to deeper awareness and relaxation, but to bliss?
8. Can you explain the concept of atman and how it can be integrated into everyday life?
9. What are some common obstacles to developing a regular yoga practice and how do you counter them?
10. What is the sixth kosha?

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PRAISE FOR *TRANSFORMATIVE YOGA*

“Wade takes us on a transformational journey into the self, from the external physical to the subtle energetic, emotional, mental and blissful bodies that make up who we are.”

—**Sharon Gannon**, Jivamukti Yoga

“I have known Wade as a passionate person, who takes his commitments seriously and gives it his best shot. This book is no exception. You can see Wade’s energy occupy every word of the book, and readers will feel deeply connected to his spirit. Wade provides inspiring teachings through his work and having known him personally transform into what he is today, has proved that he is teaching here, out of his experience, rather than mere intellectual knowledge. I am sure this work will serve as a great inspiration for others in their own personal journey of transformation.”

—**Kausthub Desikachar**, Krishnamacharya Healing and Yoga Foundation

“In this book Wade Morissette offers a unique and practical approach to the koshas. He explores yoga not only as a physical practice, but as an experience of subtle energy and awareness.”

—**Yogi Vishvketu Ph.D.** (Yoga), founder of World Conscious Yoga Family and Anand Prakash Yoga Ashram, Rishikesh (India)

“As its reputation has spread, yoga has become identified in the popular mind with the practice of postures. Wade’s book rightly returns the entire discipline of yoga to the spotlight, opening new vistas for yoga students who are searching for something in their practices beyond mere physical training. Readers who employ the kosha map to explore themselves will gain a perspective that will benefit them at every stage in their lives. *Transformative Yoga* offers those who follow its blueprint access to true fulfillment and joy in their lives.”

—**Robert E. Svoboda** is the first Westerner ever to graduate from a college of Ayurveda and be licensed to practice Ayurveda in India.

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